



**MEDICAL BOARD OF CALIFORNIA**  
**Executive Office**



**AGENDA ITEM 2**

**Minutes of the Wellness Committee Meeting**  
**1418 Howe Avenue, Suite 18**  
**Sacramento, CA 95825**

**January 16, 2008**

**Agenda Item 1. Call to Order**

Dr. Duruisseau called the meeting to order at 1:00 pm. Roll was taken. A quorum was present and notice had been sent to all interested parties.

**Members Present:**

Shelton Duruisseau, PhD, Chair  
John Chin, MD  
Daniel Giang, MD  
Laurie Gregg, MD  
William Norcross, MD

**Members not Present:**

Peter Moskowitz, MD

**Staff Present:**

Barb Johnston, Executive Office  
Linda Whitney, Chief of Legislation  
Kurt Hepler, DCA Counsel  
Kelly Nelson, Legislative Analyst  
Kevin A. Schunke, Committee Manager

**Agenda Item 2. Approval of Minutes from September 26, 2007 meeting**

It was M/S/C to approve the minutes of the September 26, 2007 meeting.

**Agenda Item 3. Introduction of Committee Members and Guests**

Members and guests introduced themselves. Dr. Duruisseau mentioned that Dr. Ronald Wender is no longer a member of this committee.

**Agenda Item 4. Approval of the Mission, Role, and Goals of the Committee**

A draft copy of the Mission Statement and the Roles and Responsibilities of the Committee was presented at the last meeting and members offered comments and edits.

The edited statement was presented for reconsideration; the three components were considered separately. After discussion, it was M/S/C to approve the Mission Statement as written. After discussion, it was M/S/C to approve the roles and responsibilities as written. In the statement defining the means by which the committee can facilitate its role, the word "provider" was edited to read "organizations;" it was M/S/C to approve.

**Agenda Item 5. Chair's Report, Committee Communications**

Dr. Duruisseau reported that there had been numerous calls to the Board offices with comments or inquiries based on both recent articles in the board's *Newsletter*. Staff and committee members have been able to facilitate referrals and make connections for those licensees who called.

**Agenda Item 6. Discussion of Goals and Future Decisions of the Committee**

a. Potential Wellness Committee Web Page Design

1) Creation of a Web page listing of "what's available"

Barb Johnston, Executive Director, discussed ideas which could lead to a joint effort between the board and California's medical schools and would be directly linked to the board's strategic plan. First, the board could work with medical schools towards developing a curriculum which make medical students aware of healthy lifestyles. This would be similar to what Kaiser Permanente has been doing, except starting earlier, while the students are still in medical school. Second, to offer a resource to those physicians already out of medical schools, the Board could develop an on-line program on its web site. This would allow for easier access to rural or single practitioners.

Dr. Norcross spoke in support of Ms. Johnston's ideas, underscoring that the sooner such inroads are made, the better it would be for our licensees, since the longer they are from medical school graduation, the harder it is to reach them. Dr. Norcross also complimented a visit by Steve Alexander to lecture at UCSD School of Medical last year; he believes such outreach by Board members is valuable. He encouraged the Board to work with deans at the medical schools around California.

Dr. Giang also expressed his support for these efforts, mentioning that Loma Linda Medical University has emphasized physician "renewal" for a long time. Since they are both a medical school and a teaching hospital, they offer such resources at several stages of a physician's career: during medical school, during residency, and then after licensure. However, he emphasized that any programs offered by the board should not be required, but only offered as one of many resources.

Dr. David Shearn, a member of the public, stated that as Director of Kaiser's Physician Education and Development Program, he has seen the problem of trying to align real curriculum with that which is actually needed.

It was M/S/C to support these efforts and to encourage the Board to offer its support.

2) Survey of available video clips on Wellness for inclusion on web site

Dr. Duruisseau asked if any committee members had an idea of what's currently available. Dr. Norcross stated that Ohio State University has an online curriculum about the six "General Competencies" as defined by ACGME. Dr. Giang mentioned that Loma Linda University has some short videos available but he did not believe they are available for public distribution.

Both Dr. Norcross and Dr. Giang said that they will look at some of the Texas modules and see if they are applicable. Lastly, it was suggested to contact the Federation of State Medical Boards to see what others states are doing in this regard. Dr. Gregg said that she would follow up with FSMB.

b.) Viability of Mentoring Groups

Dr. Duruisseau asked that since California already has such a vast pool of physicians who have successfully navigated life and career, if this was a resource from which to develop small mentoring groups.

Dr. Shearn mentioned that Kaiser has had tremendous success with their mentoring. However, he cautioned about some of the potential pitfalls:

- 1) people who are the healthiest are not necessarily the best mentors
- 2) the logistics of matching a mentor and mentee is quite cumbersome but vitally important
- 3) the element of time on both ends, for mentor or mentee

He mentioned that there is usually an incentive for staff to volunteer to mentor others, such as paid time-off, social events, retreats, etc.

Dr. Gregg asked about the feasibility of an "advice blog." She suggested that the Publications Work Group could write an article with suggestions for the *Newsletter* and encourage local groups to offer such a resource.

c. Discussion on Rebates and Discounts for Malpractice/License Renewal

Dr. Duruisseau reminded the committee members that at the last meeting, there was discussion about the feasibility of offering some type of incentive. Ms. Johnston advised the committee that AB 2342 (Nakanishi, Chap. 276, Stats of 2006) requires the Medical Board to study the issue of malpractice insurance to physicians who provide voluntary, unpaid services to indigent patients in underserved areas. The Board currently is seeking to contract with a research group to perform the study; therefore, too much effort into this direction might be premature.

Dr. Gregg mentioned that her personal malpractice carrier will offer a premium rebate if physicians access some of the courses through the carrier's web site. She offered to draft a letter which would be sent to various insurance carriers in California to see if others will offer discount. She also suggested it might be helpful to invite representatives of the carriers to attend our meetings.

There was discussion about the feasibility of introducing legislation whereby the Board could offer a discount in the licensing renewal fee for those licensees who participate in renewal activities.

**Agenda Item 7. Discussion of Publications Work Group – Newsletter Articles**

Dr. Gregg indicated that she will identify a domain of balance which will be the focus of her next *Newsletter* article.

Dr. Shearn volunteered that someone from Kaiser would write an article outlining their mentoring model and the program's success. Dr. Norcross offered to talk to a colleague and try to get a parallel article.

**Agenda Item 8. Discussion of Outreach Work Group**

The committee discussed the possibility of highlighting organizations which have successful "renewal" programs and the possibility of contacting specialty organizations. There was a suggestion to recognize groups in the *Newsletter*.

**Agenda Item 9. Discussion of Additional Work Groups**

There were no suggestions for the need of additional work groups.

**Agenda Item 10. Future Agenda Items**

- \* When the Diversion Program is eliminated, that void will need to be filled
- \* Itemize on the board's web site a list of the primary issues which reduce a physician's wellness
- \* Post Dr. Moskowitz's presentation to the board (November, 2007 meeting) on our web site

**Agenda Item 11. Next Meeting Date**

Staff will coordinate with Dr. Duruisseau and the committee members about the next meeting of the committee.

**Agenda Item 12. Public Comment on Items Not on the Agenda**

There was no public comment.

**Agenda Item 13. Adjournment**

Dr. Duruisseau adjourned the meeting at 2:20 pm.